

HEMI-SYNC® Journal

Vol. XXIII Winter/Spring 2005 Nos. 1 & 2

A Research and Educational
Publication of The Monroe Institute

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An extraordinary personal experience in 2004 awakened Gustavo Strobel to hitherto unknown realms of consciousness. His exploration of the meaning of that experience led him to the books of Robert Monroe and the Hemi-Sync® technology. Neither his personal life nor his professional life has been the same since.

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Audiophonologist Berenice Luque has used Hemi-Sync with her young patients since 2002. The striking responses she first observed continue and are described in these new reports.

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MY MATRIX REVOLUTIONS WITH HEMI-SYNC



by Gustavo S. Strobel, BS

Gustavo S. Strobel is a psychologist in private practice in Curitiba, Brazil, S. A. In his practice, relaxation techniques, Jungian psychology, and neurolinguistic programming (NLP) are used. Gus is a consultant for The Coaching International Institute, which provides training in NLP, and he also has an interest in out-of-body experiences in early Christian Gnosticism. He joined the TMI Professional Division in August 2004. This paper describes how he is using Hemi-Sync® to aid NLP techniques and help clients achieve direct access to the unconscious. Correspondence may be addressed to gstrobel@gmail.com

The date was January 25, 2004. I woke up in the middle of the night certain that I was dying—I couldn't move and felt this strong "vibrato" all through my body—there were also purple lights. In a panic, I managed to move my arms and got out of that weird "dream." It took less than thirty seconds, but I was sure I had gone to a place I had never (consciously) gone to before. I couldn't label it, since it was quite unlike any dream I'd ever had. Although I've been a Jungian psychotherapist for nine years, there were no parallels in my previous experience. In my years of tai chi and yoga practice no mentor had ever mentioned anything resembling this. Okay, maybe there *was* Chuang Tzu's butterfly dream:

"Once I, Chuang Tzu, dreamed I was a butterfly and was happy as a butterfly. I was conscious that I was quite pleased with myself, but I did not know that I was Tzu. Suddenly I awoke, and there was I, visibly Tzu. I do not know whether it was Tzu dreaming that he was a butterfly or the butterfly dreaming that he was Tzu. Between Tzu and the butterfly there must be some distinction. [But one may be the other.] This is called the transformation of things."

Then I purchased on eBay an inexpensive but comprehensive book on lucid dreaming, *The Ultimate Lucid Dreaming Manual*, by Marc Vandekeere. In it, to my astonishment, I found for the very first time a reference to "strong vibrations as a first stage in the out-of-body experience"; I was flummoxed. The authors also mentioned The Monroe Institute as a beacon for transpersonal psychology.

Unable to deny my own experience, I started reading Robert Monroe's *Journeys Out of the Body*. Insight followed

Sidebar

Neurolinguistic programming terminology from the *The Coaching International Institute NLP Practitioner Manual*

Reframing

"Human beliefs are also determined in terms of words. Fixing one's words closes off a number of other possibilities. This leads to an experience of 'no choice.' This, however, is only one of many possible framings. A frame of reference is the set of views, concepts, presuppositions, values, and habits that form an outline of a cognitive system to perceive and evaluate data. A frame of reference determines from what standpoint a person perceives data, such as sensory input, and experiences a given situation. A frame assigns meaning to experience.

"These powerful one word Reframes are just different perspectives on the same event, which are *also* true:

- Spontaneous – Unpredictable
- Funny – Childish
- Confident – Arrogant
- Imaginative – Undisciplined
- Generous – Spendthrift
- Outgoing – Show off."

The power of Reframing/Surface Structure/Deep Structure is best demonstrated with an example from practice. A young engineer came to see me, mostly because of pressure from his family. He said that he did not need "therapy" but his family was very concerned about his health. He presented his problem: once every six months, at night, he experienced physical spasms. He did not wake up, but his mother would witness his body becoming rigid as if in great inner tension, and the next morning he felt pain all over. Neurological exams found nothing wrong, so he was referred to me for his emotional trouble.

He began a thirty-minute rant about how could a guy as normal as him have a problem. He had been so successful in high school, he was popular at university, he was good looking, etc. After listening, I asked him, "Have you ever calculated what percent of your life is 'sick' and what percent is 'healthy'?" He whipped out a calculator and punched in some numbers. He was a "sick" man 6 percent of the time. Then I asked him, "So, are you gonna spend 94 percent of your life worrying about the other 6 percent?" He went silent for a moment and blushed. He got a far-off look in his eyes and did not talk much for the rest of the session.

insight. My whole world (or my belief about what that world meant) went crashing into a tailspin. The last piece of the puzzle was supplied by studying the life of a Christian mystic called Daskalos. His story is told by Kyriacos C. Markides in *The Magus of Strovolos*. Daskalos may be one of the few mystics to blend out-of-body experiences, Christianity, karma, and reincarnation principles in his teachings. For more information on Daskalos go to www.researchers-of-truth.org

The concept I had had of the universe was more theoretical than practical. From the age of eighteen, I was being introduced to the concepts of reincarnation, evolution of the spirit, ki energy, and such. But I couldn't really feel these things. In Bob's terms, it was more of a belief than a Knowing. It is like the character Neo in *The Matrix*. One day he awakens to the possibility that he may be more than his physical body and starts seeing the matrix, seeing the code. The first *Matrix* movie was a blockbuster to me as I watched how people unconsciously got semi-entranced by multiple realities.

My entire psychotherapy practice changed as well, not so much directly, but in how I saw what I was doing. I purchased and began to work with the *GATEWAY EXPERIENCE*® up to *Wave IV*. My intuition was unfolding in amazing ways. I started feeling the energy of my clients, and my tactile sensitivity increased enormously, even though my fear of seeing spirits—a fear I've carried since childhood—had been blocking most visual Rotes.

This new sensitivity greatly affected my practice. Sometimes I would put my hand over a client who was lying down for relaxation and feel pain in a certain part of my body. That was a sign to me that there was something the matter with an organ in that area of my client's body. I felt the energy fields of my clients more accurately and any heaviness they were feeling at the time—such as anger, sadness, or simply fatigue.

Obviously I could not share these new developments with many colleagues. Even though Brazil is the home of Allan Kardec's Spiritism and Umbanda (an Afro-Brazilian Macumba sect where participants drink distilled alcohol to aid channeling), transpersonal psychology is not yet recognized officially. The scientific community is still too attached to its scientism, as noted by Dr. Charles Tart.

Meanwhile, I was being trained in deep relaxation by José Torrado Lima, a Spaniard who immigrated to Brazil in the '60s looking for closer contact with the then-labeled "parapsychological phenomena," which Brazil has in abundance. In Europe at that time, he would have been ostracized and figuratively burned at the stake for trying to study such phenomena. During his mentoring, he emphasized that a "tool" should be used to accelerate the process of deep relaxation for subjects. Mr. Lima makes use of a vibrational couch to assist in achieving deep relaxation. Since I had already ordered *Wave I* of the *GATEWAY EXPERIENCE*, I decided to employ Hemi-Sync to facilitate the process of direct access to the unconscious.

One of the first clinical cases where I used Hemi-Sync was that of a twenty-eight-year-old woman who was suffering

from chronic depression. Listening to *Free Flow 10* and slipping quickly into relaxation, the client started seeing the image of a smiling woman. Then she started to feel strong hatred. In the next session the same woman showed up again, but now she was in a field. A group of horsemen appeared, and the woman was shot in the heart with an arrow. In this instant I reminded my client to use the dissociation technique and see the image as if in a cinema in her mind. She suddenly felt strong pain in her heart region. I made use of Reiki while we worked through the images and helped her reframe the event and let go of the hatred toward those men. It was as if a part of her Self was still in anguish, desperately wanting some explanation for that murder. I am really not concerned about whether this was a "past life" or a figment of her imagination. What concerns me is the improvement of the patient. And indeed, in the following week she became more active—she even got a job and started feeling much better.

I felt the energy fields of my clients more accurately and any heaviness they were feeling at the time—such as anger, sadness, or simply fatigue.

I use Hemi-Sync primarily to insure that my client is deeply relaxed before using neurolinguistic programming (NLP) techniques such as anchoring, metaphors, and reframing. [See sidebar.] A focused mind relaxed by Hemi-Sync is more open to absorbing the new resources generated by NLP. Many claim that NLP is often used by unethical professionals to manipulate people, especially in sales and marketing. And they are right. NLP can be misused. I use NLP to improve the belief system of my patients. NLP is a tool that can be employed for better or for worse, depending on each user's consciousness.

A female client in her midforties sought my assistance due to a "performance anxiety" problem. Whenever she took a test, her anxiety prevented her from getting good grades. She had actually failed the test she'd be retaking within a week on three separate occasions. The test was a requirement for receiving her master of arts degree.

Lacking the time to try conventional therapy, I lent the client my *METAMUSIC® Into the Deep* tape, which is nonverbal, because she was not fluent in English. The client was

The following week he showed up for his session and said, "Man, you turned my life around 180 degrees!" He did not want to talk about his spasms anymore. He said he simply felt "redemption," paid double my usual fee, and left. In his Surface Structure, he had a problem because he had spasms. In the Deep Structure, the real root of dissatisfaction was his fear of not being normal.

The Milton Model and Metaphors

The Milton model is a structure of language named after Milton Erickson, who is often cited as the father of modern hypnotherapy. The Milton model is vague and lacking in any specific content. Its structure is based on the way we process our subjective experience, so that questions seem vague, yet are highly meaningful to the client. The questions are usually directed at the unconscious mind.

I believe that a more correct term for what NLP calls "metaphor" would be "parable." The original NLP group learned about the power of metaphor or parable by observing Milton Erickson, who would often tell the client some long, involved, apparently irrelevant story rather than overtly discuss the problem. In NLP, it is usually taught that metaphors address the unconscious mind rather than the conscious mind, and in fact, the client is usually not intended to consciously figure them out. (Rather than "mulling them over," the intention is for the client to not even consciously think of the metaphors at all.) As indicated above, the effect of the metaphor generally manifests over time, which makes it different from most NLP techniques.

Anchoring is an application of mind conditioning using the principle of Pavlov's Reflex, a conditioned reflex first explored and described by the Nobel prize-winning Russian physiologist Ivan P. Pavlov. Anchoring is the process by which a memory, a feeling, or some other response is associated with (anchored to) something else. It is a natural process that usually occurs without our awareness. When you were young, you undoubtedly participated in family activities that gave you great pleasure. The pleasure was associated with the activity itself, so when you think of the activity or are reminded of it, you tend to reexperience some pleasurable feeling. In this way anchors are reactivated, or triggered. They can be naturally occurring or set up deliberately in a therapeutic context.

[For more information on how to apply Hemi-Sync and NLP techniques, contact info@coachinginternational.org]

instructed to listen to it every night that week before going to sleep. Then I used the *Free Flow 10* tape to induce a light trance/relaxation. This was followed by NLP anchoring to help the client visualize her prior successes while associating that feeling with the future event of taking the test.

One week later the client came to my office to thank me. Her sleep habits had improved and she had felt calm throughout the test. Later on when she got her score she learned that she was approved in the final test. I am not claiming here that Hemi-Sync and NLP "cured" the woman of performance anxiety for good. This was simply an emergency procedure, and the performance anxiety might return, especially if its roots are deeper within the client's psyche. But Hemi-Sync was a powerful tool that brought results quickly and efficiently in that instance.

A male in his midthirties came seeking help for "trouble with relationships." In psychotherapy it is common to assume that the symptom is just the facade for what is behind the scenes, the unconscious mind. In NLP this is called the difference between surface structure and deep structure. If one asks a client the cause of a problem, he will not have an answer—the answer is buried in his subconscious or unconscious mind. And that is why he is looking for help in the first place! He can't become conscious of the problem's source on his own, due to the famous Freudian resistance.

So to assist the conscious mind to relax and let fragments from his unconscious mind float up, I once again used *Free Flow 10* to induce a light trance. When physiological changes indicated that he had entered a relaxed state, I started some mental visualization exercises. With this client in particular, I asked him to see a mirror in front of him with his mind's eye. Once he could picture it, I suggested that he describe whom he was seeing. He started to talk about this man (yes, in the third person!) who he knew was very intelligent. People made fun of him frequently in childhood, and he felt like an outcast. Using reframing techniques, I asked him whether those kids might not have been envious of his mental skills. The purpose of reframing is to change one's perspective on a certain event, thus balancing a negative outlook with a positive "frame" that is also true. In the following session my client told me that the relaxation/visualization exercise had been "a trip," for he had said things he did not remember very well and felt different about himself afterward.

Another variation is the use of metaphors. The unconscious minds of my clients are more open to positive suggestions and learning possibilities. When using metaphors, the idea is to avoid a direct reference to the conscious problem, even though the metaphor is a bridge from the problem to a better frame. The more indirect your approach (the Milton Erickson hypnotherapy model in NLP), the better the results will be. The more the conscious mind is brought into play—like trying to "teach" the person a lesson—the smaller the effect, because there can be resistance from the ego.

The other day I had a client who claimed he was "emotionally blocked" and said that he lived repressed by a wall that

"prevented him from feeling." He said he had been waging war against this wall for a long time, and it was his duty to bring it down. Of course, in the deep structure, that wall represented a part of himself that was a shield against suffering. He had suffered a great deal in the past from feelings of rejection by his parents. This client, who had already tried suicide after rejection by a girl, was a very clever individual, and as often as not, very clever individuals have strong resistance to change. So I put him into a state of light relaxation with *Free Flow 10*, and he started telling me about his wall. Immediately I thought of *The Shawshank Redemption*, because it is a beautiful movie where Tim Robbins's character (Dufresne) is trying to find life inside the walls of a prison. I asked the client if he had ever seen a movie about prison life and to my astonishment he replied, "Oh, yes! *The Shawshank Redemption*!" Then we started to debate how the main characters related to the image of a prison wall—how Dufresne had patience with the wall, digging a hole slowly but effectively, while trying to find life inside the walls as best he could.

The point of the metaphor was to create a positive outlook in my client's dealings with the wall. If he broke through too fast, he could easily end up like the character Brooks, who had become institutionalized and could not live outside the walls. Also, by trying to "destroy" the wall, he was in a constant tension within himself, trying to force a part of his nature to be something else. The wall was a part of him with the good intention of protecting his fragile heart. It is an NLP principle that every part has a good intention. This man had to be patient in his process of breaking through the wall. This constant fight within one's self is also depicted as a shadow archetype in Jungian psychology, and the idea is to come to terms with all our parts (complexes), instead of battling our own nature. "Only what we accept as part of us can be changed," said Jung.

Now I can offer my clients a tool that relates to their energy fields. I always wanted them to start taking yoga or tai chi classes so there would be an energetic aspect to their therapy. Of course now I know that in the therapeutic arena there is an exchange of energy as well. But when people are so depressed they can barely leave their homes, it is hard for them to start practicing anything with the limited amount of healthy energy they generate. So Hemi-Sync comes in handy. All they have to do is lie down and enjoy the ride. It is, of course, not enough to be dependent on tapes to experience relaxation, but they are at least a guidepost to what a relaxed mind can be. And with this jump start clients can even start changing their unhealthy habits into more positive ones!

There is no longer a distinction between the importance of what I learned with Hemi-Sync in my professional and personal life. Only the future will tell what other uses and discoveries Hemi-Sync will bring to psychotherapy and consciousness development. I am grateful to have this amazing tool to share with my clients.



HEMI-SYNC® FOR CHILDREN AND YOUNG PEOPLE WITH AUTISM AND DEEP DEVELOPMENT SYNDROME: NEW REPORTS



by Berenice Luque

Berenice Luque, a phonoaudiologist in Rosario, Argentina, leads the interdisciplinary service "El Angel" in the Provincial Children's Hospital of Rosario and is a colleague of TMI Professional Member and OUTREACH Trainer Nora Rosen. Before beginning the usual therapeutic and educational interventions, Berenice has her patients listen to Hemi-Sync tapes at least once a day—and three times a day if possible. This allows her to evaluate any changes attributable to Hemi-Sync before treatment starts. The following case studies suggest why El Angel's schedule is so full that potential patients are on a waiting list.

Lisette is four years old and diagnosed with autism. She started to listen to *METAMUSIC Remembrance* twice a day in October 2004. Before using Hemi-Sync, Lisette was extremely inflexible, had uncontrollable tantrums, and played poorly with other children. She did not respond to her name and repeated nonsensical words, as well as avoiding eye contact. These behavior problems—plus yelling and lack of bowel control—led to her removal from kindergarten.

After listening to Hemi-Sync, her parents observed, at first "Lisette was euphoric, excited, and dropped things to the floor. After five days she didn't want to listen; she was too anxious and spoiled—the music made her irritable. After a week she was willing to listen to one side of the tape. She sat down and drew pictures and was very affectionate to her mother. Recently, Lisette has been listening twice a day and asks for *Remembrance*. After forty-five days her vocabulary improved. She now accepts more orders and changes, wants more touch with other children, and does not isolate herself as before. She has good bowel control and goes to the toilet alone, which is a great achievement. Play with her sister is more organized. She asks to hear *Remembrance* many times, turns it over, and puts it on the player by herself."

Juan Manuel is five years old and diagnosed with "high-functioning" autism. Exposure to Hemi-Sync (*METAMUSIC*

Einstein's Dream) started in July 2004. Juan Manuel was very inflexible and did not interrelate with children in his age group. He played alone and talked to himself, using "odd" words invented or copied from television characters. He also copied others' language (echolalia). Resistant to change, he yelled and lay down when contradicted. Juan Manuel did not know how to share and was aggressive to the extent of hitting others when angry. His constant low level of frustration caused many difficulties in public school.

When Juan Manuel began to listen to *Einstein's Dream* twice a day, his parents reported: "After hearing the tape for two weeks, he is calmer, speaks better, and is beginning to replace phrases heard and copied with phrases he constructs himself. He is beginning to write only words that matter for him; he struggles to do it and shows satisfaction when he succeeds. He moves more surely when playing ball. In swimming he wants to go to the deep side of the pool with his sister. During a presentation in school he was well behaved and applauded and sang with his companions. Juan Manuel told a girl, 'You are the love of my life.' His games are more creative, and he has begun to do symbolic games."

When the Walkman® broke, Juan Manuel could not listen to *Einstein's Dream* for over a month. Backward movement was noticed, above all in language and in behavior—he returned to the echolalia and fell on the floor and had tantrums. Improvement was immediate when he began to listen to the

Younger children with more serious difficulties react better to *Remembrance*. They are calmer, happier, and much less hyperactive.

cassette again. He is more focused at school and when doing his homework. Juan Manuel sees his Hemi-Sync cassette as his refuge; he asks for it when he is stressed, tired, restless, or worried about something.

Ezequiel and Claudio are brothers and have used Hemi-Sync for two years. Positive results were reported earlier. Their parents say that after two months without hearing the tape they did not observe any regression. Progress is stable and continuous. Ezequiel is fourteen years old and his brother is sixteen years old.

Federico, as stated in a former report, developed greatly

with Hemi-Sync. When he quit listening for five months, he acted more spoiled, was unresponsive, lost language skills, and became more hyperactive. When he returns to Hemi-Sync, he improves gradually but does not attain the same level as before. Federico now attends a special school, however, and is separated from his former companions and teachers.

Jessica stopped listening to Hemi-Sync for three months. Her behavior deteriorated in school and she did not want to work during phonaudiology sessions. Jessica reverted to falling on the floor in a tantrum.

General observations: Younger children with more serious difficulties react better to *Remembrance*. They are calmer, happier, and much less hyperactive. *Einstein's Dream* is not as effective. This was tested with three patients: Camila, Leila, and Fernando. Six-year-old Leila was mentioned in a previous report. She was changed to *METAMUSIC Remembrance* due to an increase in hyperactivity. Leila became calmer after exposure to *Remembrance*.

[The earlier reports were published in Ronald Russell, ed., *Focusing the Whole Brain: Transforming Your Life with Hemispheric Synchronization* (Charlottesville, Va.: Hampton Roads Publishing Company, Inc., 2004), \$11.00 (\$10.00 to TMI members).]



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HEMI-SYNC® Journal

Editors: Shirley Bliley, Ann Vaughan
Layout & Design: Grafton Blankinship
The **HEMI-SYNC JOURNAL**, a publication of The Monroe InstituteSM, an educational and research organization dedicated to exploring and developing the uses and understanding of human consciousness, offers current reporting on research and application of the Hemi-Sync[®] technology in a variety of professional fields.

The **HEMI-SYNC JOURNAL** is published by The Monroe Institute, 365 Roberts Mountain Road, Faber, VA 22938-2317. Telephone: (434) 361-1252. Membership rates from \$50 to \$150 per year.

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Joseph M. Felser, PhD, graduated summa cum laude (with distinction) and Phi Beta Kappa from Boston University and received his doctorate from the University of Chicago. He is currently assistant professor of philosophy at Kingsborough Community College of the City University of New York. Dr. Felser has served as an editorial adviser to parapsychologist Rhea A. White's journal, *Exceptional Human Experience*, and is the author of over thirty published articles on religion, myth, philosophy, parapsychology, and the paranormal. He also authored "Explaining Infinity to a Monkey: Challenges and Rewards of NVC," which appeared in the winter 2002 *TMI Focus*. His first book, *The Way Back to Paradise: Restoring the Balance between Magic and Reason* (2005), was recently published by Hampton Roads Publishing Company. Dr. Felser attended the *GATEWAY VOYAGE*® in 2000 and returned for *LIFELINE*® in 2001, just prior to the destruction of the World Trade Center on September 11. He is presently at work on his second book, a study of individuals who had premonitions of the 9/11 attacks on America, which will be published by Moment Point Press in 2006.

